Comment₁

Kids in the Kitchen Provider Workshop Feedback

1= Involvement of parents in program	22.7%
2=Involvement of children in mealtime prep	50.0%
3=Changes in meal planning	22.7%
4=Recipes used	4.5%

- 1 Parent Meetings
- 1Distribute handouts to teachers and parents. Present at parent meetings.
- 2Letting the kids help with snack time
- 1 Help parents with handouts. Be more hygenic.
- 2 Letting pre K kids prepare their own snacks
- 3 Changs from my routine and make a few new.
- 2 Letting children be involved in cooking. I want to try egg salad recipe.
- 1 As parent information.
- 4 Use the recipes in the Kids in the Kitchen booklet.
- 3 Better planning of meals.
- 2 I do belong to Choices for Children food program, so I will continue to prvide healthy foods.
- 3 I will incorporate more cooking projects with my 3 and 4 yr olds.
- 2 As cooking projects, to make lesson plans, and instructions for cooking with kids. I like the recipes and will use some in the
- 2 I will definitely allow the children to help more.
- 2 Getting kids to help.
- 2 Allowing little ones to help more in the kitchen and add variety to meals and snacks.
- 3 Use 100% whole wheat bread instead of just wheat.
- 1 Staff trainging and development, parent education, l;esson plans.
- 2 I do Friday food projects with my class, so now I will pay more attention using helathier alternatives.
- 2 More collaborative cooking projects.
- 2 Cooking projects in the classroom.
- 3 I will start to take care of myself, because before I can pass it on to my kids, I have to fully understand and particiapte in the